

### Indigestion: Help with Burping and Bloating!

**Q:** I frequently have bloating, burping, belching and indigestion after meals. What can I do to stop this!

**A:** Symptoms such as burping and indigestion following meals can generally mean one of two things – you do not have adequate stomach acid and enzymes to digest your food, and/or you are eating certain foods which you are sensitive to. Factors such as stress and aging can decrease the amount of stomach acid that you produce. When food ‘sits’ in your stomach, and you don’t feel as though it is properly digesting, this is often an indication of low stomach acid. Food sensitivities can develop when a specific food is not broken down properly by your stomach acid and enzymes. Food sensitivities can cause a whole host of symptoms, including digestive disturbances (constipation or diarrhea), fatigue, foggy thinking, skin problems, sinus congestion, bladder infections, anxiety, depression, and many other symptoms. Food sensitivities can be determined through a simple blood test, measuring 88 foods and your level of reaction to them. Once the foods have been identified, I can advise you on how to reintroduce the foods into your diet, how to prepare delicious meals that will help you feel better, and how to find relief from your symptoms. Unlike a true food allergy (such as anaphylaxis), a food sensitivity is most often not a life long condition. Most patients with extended medical plans will have the cost of the test covered.